

COUGAR CLASSIC 5K RUN/WALK

Saturday, August 7, 2010

Macon, GA 7:30 am

Course: Race will begin and end at Clifton Ridge Middle School going through a nearby subdivision.

Information: contact Trey Smith (706) 819-9418 or email at treysmith@jones.k12.ga.us

Location: Clifton Ridge Middle School is located at 169 Dusty Lane, Macon, GA, 31211

Registration/Entry Fees: \$15 preregistration postmarked by August 1; \$20 on race day; checks payable to: Clifton Ridge Middle School; mail to: Clifton Ridge Middle School attn: Trey Smith 169 Dusty Lane, Macon, GA, 31211

Packet Pickup/Race Day registration: 6:30 am – 7:15 am at Clifton Ridge

T-Shirts: shirts are guaranteed to preregistered runners; while supplies last to those registering on race day

Awards: Trophies will be awarded to the first place overall male and female, as well as awards to the top three finishers in the following age groups: 10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 and over

Last name _____ First name _____

Check one: Male ___ Female ___ Age: _____ Phone No. (_____) _____

Email: _____

Address: _____

city: _____ state _____ zip _____

T-Shirt size (circle one)

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Waiver:

For and in consideration of the acceptance of my entry, I agree and certify that I am in proper physical condition to participate in the event which I have entered, and further agree that the below mentioned sponsors, organizers, promoters, directors, Clifton Ridge Middle School, Jones County School System, or persons connected with the event are under no obligation to provide physical examination or other evidence of my fitness to participate in such event. I assume all risk associated with participating in this event, including but not limited to the weather (to include high heat and humidity), condition of the road and other race area surfaces, falls, collisions, motor vehicle traffic, and the conduct of spectators and other runners. I hereby for myself, my heirs, my administrators, and the executors forever waive, release and discharge Clifton Ridge Middle School and Jones County School System, its directors, officers, members, sponsors, all officials, participants, organizers, planners, and volunteers for any injuries sustained or arising out of my association with, entry in, or participation in the race and any pre-, post- or other race-related activities. I agree to abide by all instructions from all race officials.

Signature of Participant _____ Date _____
(parent or guardian must sign if participant is under 18 years of age)

